



Wellness Center South

August 2026

**Calendar is subject to change*

Phone: (949) 528-6822
www.wellnesscentersouth.org

23072 Lake Center Dr., Suite #115
Lake Forest, CA 92630

Hours of Operation
Monday, Tuesday, Thursday, Friday,
Saturday
9:00 am– 5:00 pm
Wednesday 9:00 am-7:00 pm

27 Monday	28 Tuesday	29 Wednesday	30 Thursday	31 Friday	1 Saturday
<u>9:10 am -10:10 am</u> Morning Icebreaker <u>10:10 am-11:00 am</u> Emotions Anonymous-H Mtg# 246 275 812 344 8 Passcode: jG23Si9T <u>11:10 am-12:00 pm</u> WRAP <u>11:10 am-12:00 pm</u> Bingo! <u>12:10 pm-1:00 pm</u> Happy Feet <u>1:10 pm-2:00 pm</u> Coping Skills - H Mtg# 296 347 657 179 0 Passcode: oB7ds7H7 <u>2:10 pm-3:00 pm</u> N.A. <u>3:10 pm-4:00 pm</u> Depression Bipolar Support Alliance <u>4:10 pm-4:50 pm</u> Time of Gratitude	<u>9:10 am - 10:00 am</u> Morning Icebreaker <u>10:10 am - 11:00 am</u> Aging Gracefully <u>11:10 am-12:00 pm</u> A.A. <u>11:10 am-12:00 pm</u> Meditation <u>12:00 pm- 1:00pm</u> Art Journal <u>1:10 pm-2:00 pm</u> Fun & Games - H Mtg# 294 820 777 611 9 Passcode: 84pK9aC7 <u>2:10 pm-3:00 pm</u> Global Knowledge <u>3:10 pm - 4:00 pm</u> Anger Management - H Mtg# 245 679 021 094 0 Passcode: Js2Kq6zY <u>4:10 pm-4:50 pm</u> Time of Gratitude	<u>9:10 am - 10:00 am</u> Morning Icebreaker <u>10:10am- 11:00am</u> Art Social <u>11:10 am -12:00 pm</u> Community Meeting -H Mtg# 240 387 599 619 9 Passcode: S8a4eV3f <u>12:10 pm-1:00 pm</u> Social Hour  <u>1:00 pm-3:00 pm</u> Bowling @Saddleback Lanes Sign-up/Call @ Front Desk  <u>1:10 pm - 2:00 pm</u> Men's Group - H Mtg# 278 455 853 233 8 Passcode: jL2Xv7g3 <u>1:10 pm - 2:00 pm</u> Women's Group - H Mtg# 232 224 734 093 8 Passcode: Uv7GQ2TW <u>2:10 pm - 3:00 pm</u> Card Playing Games <u>3:10 pm - 4:00 pm</u> Karaoke <u>4:10 pm - 5:20 pm</u> Music Jam <u>5:30 pm - 6:45 pm</u> NAMI Connections	<u>9:10 am - 10:00 am</u> Morning Icebreaker <u>10:10 am - 12:00 pm</u> Cooking <u>11:10 am-12:00 pm</u> Depression Bipolar Support Alliance - H Mtg# 244 296 613 337 0 Passcode: WQ7kb9Pj <u>12:10 pm-1:00 pm</u> Art Journal <u>1:10 pm-2:00 pm</u> Bingo! <u>2:10 pm-3:00 pm</u> Grief Support <u>3:10 pm-4:00 pm</u> Schizophrenia Alliance - H Mtg# 273 366 915 706 6 Passcode: ZS7Zi7oK <u>4:10 pm-4:50 pm</u> Time of Gratitude	<u>9:10 am - 10:00 am</u> Morning Icebreaker <u>9:45 am -11:00 am</u> Garden & Explore <u>10:10 am - 11:00 am</u> Stress Management <u>11:10 am-12:00 pm</u> Boundaries/ Co-Dependency - H Mtg# 264 038 552 915 3 Passcode: pM7y7KB6 <u>12:00 pm- 1:00pm</u> Decompress with Yoga <u>12:00 pm- 1:00pm</u> Art Social <u>1:10 pm-2:00 pm</u> Healthy Relationships - H Mtg# 294 256 199 343 Passcode: so9cw3NH <u>2:10 pm - 3:00 pm</u> Sports Talk - H Mtg# 247 816 688 860 70 Passcode: Nb9tC2g5 <u>3:10 pm-4:30 pm</u> Music Jam <u>4:10 pm -4:50 pm</u> Time of Gratitude	<u>9:10 am - 10:00 am</u> Morning Icebreaker <u>10:10 am-11:00 am</u> Depression Bipolar Support Alliance - H Mtg# 244 296 613 337 0 Passcode: WQ7kb9Pj <u>10:00 am - 11:30 am</u> Park Adventures <u>11:10 am -12:00 pm</u> Schizophrenia Alliance - H Mtg# 273 366 915 706 6 Passcode: ZS7Zi7oK <u>12:10 pm-1:00 pm</u> Art Social <u>1:10 pm -2:00 pm</u> Life In Process <u>2:10 pm -3:00 pm</u> Anxiety Management <u>3:10 pm-4:00 pm</u> LGBTQ+ Support <u>3:10 pm-4:30 pm</u> Karaoke <u>4:10 pm-4:50 pm</u> Time of Gratitude H=Hybrid Group. The group takes place both in-person and is offered online at the same time.



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<u>11:10 am-12:00 pm</u> WRAP	<u>10:00 am - 11:30am</u> Woodbridge Park Irvine	<u>11:10 am –12:00 pm</u> Community Meeting -H Mtg# 240 387 599 619 9 Passcode: S8a4eV3f	<u>11:10 am-12:00 pm</u> Depression Bipolar Support Alliance - H Mtg# 244 296 613 337 0 Passcode: WQ7kb9Pj	<u>10:10 am – 11:00 am</u> Stress Management	<u>10:00am– 11:30am</u> Park Adventures
<u>11:10 am-12:00 pm</u> Bingo!	<u>11:10 am-12:00 pm</u> A.A.	<u>12:00 pm - 1:00 pm</u> Walk to Lunch Taqueria de Anda	<u>12:10 pm-1:00 pm</u> Art Journal	<u>11:10 am-12:00 pm</u> Boundaries/ Co-Dependency - H Mtg# 264 038 552 915 3 Passcode: pM7y7KB6	<u>11:10 am -12:00 pm</u> Schizophrenia Alliance - H Mtg# 273 366 915 706 6 Passcode: ZS7Zi7oK
<u>11:30 am—12:30 pm</u> New Lung	<u>11:10 am-12:00 pm</u> Meditation	<u>1:10 pm - 2:00 pm</u> Men's Group - H Mtg# 278 455 853 233 8 Passcode: jL2Xv7g3	<u>1:10 pm-2:00 pm</u> Bingo!	<u>12:00 pm– 1:00pm</u> Decompress with Yoga	<u>12:10 pm-1:00 pm</u> Art Social
<u>12:10 pm-1:00 pm</u> Laughter Yoga	<u>12:00 pm– 1:00pm</u> Art Journal	<u>1:10 pm - 2:00 pm</u> Women's Group - H Mtg# 232 224 734 093 8 Passcode: Uv7GQ2TW	<u>1:00 pm-2:00 pm</u> SSDI Work Incentive & Employment	<u>12:30pm-2:00 pm</u> Chat with MAB	<u>1:10 pm -2:00 pm</u> Life In Process
<u>1:10 pm-2:00 pm</u> Coping Skills - H Mtg# 296 347 657 179 0 Passcode: oB7ds7H7	<u>1:10 pm-2:00 pm</u> Fun & Games - H Mtg# 294 820 777 611 9 Passcode: 84pK9aC7	<u>2:10 pm – 3:00 pm</u> Card Playing Games	<u>2:10 pm-3:00 pm</u> Grief Support	<u>1:10 pm-2:00 pm</u> Healthy Relationships - H Mtg# 294 256 199 343 Passcode: so9cw3NH	<u>2:10 pm –3:00 pm</u> Anxiety Management
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<u>9:10 am -10:10 am</u> Morning Icebreaker <u>10:10 am-11:00 am</u> Emotions Anonymous-H Mtg# 246 275 812 344 8 Passcode: jG23Si9T <u>11:10 am-12:00 pm</u> WRAP <u>11:10 am-12:00 pm</u> Bingo! <u>12:10 pm-1:00 pm</u> Laughter Yoga <u>1:10 pm-2:00 pm</u> Coping Skills - H Mtg# 296 347 657 179 0 Passcode: oB7ds7H7 <u>2:10 pm-3:00 pm</u> N.A. <u>3:10 pm-4:00 pm</u> Depression Bipolar Support Alliance <u>4:10 pm-4:50 pm</u> Time of Gratitude	<u>9:10 am - 10:00 am</u> Morning Icebreaker <u>10:10 am – 11:00 am</u> Aging Gracefully <u>10:00 am-12:00 pm</u> Heritage Community Park, Irvine <u>11:10 am-12:00 pm</u> A.A. <u>11:10 am-12:00 pm</u> Meditation <u>12:00 pm– 1:00pm</u> Art Journal <u>1:10 pm-2:00 pm</u> Fun & Games - H Mtg# 294 820 777 611 9 Passcode: 84pK9aC7 <u>2:10 pm-3:00 pm</u> Global Knowledge <u>3:10 pm – 4:00 pm</u> Anger Management - H Mtg# 245 679 021 094 0 Passcode: Js2Kq6zY <u>4:10 pm-4:50 pm</u> Time of Gratitude	<u>9:10 am - 10:00 am</u> Morning Icebreaker <u>10:10am– 11:00am</u> Art Social <u>11:10 am –12:00 pm</u> Community Meeting –H Mtg# 240 387 599 619 9 Passcode: S8a4eV3f <u>12:00 pm - 1:00 pm</u> Walk to Lunch Taqueria de Anda <u>1:10 pm - 2:00 pm</u> Men's Group - H Mtg# 278 455 853 233 8 Passcode: jL2Xv7g3 <u>1:10 pm - 2:00 pm</u> Women's Group - H Mtg# 232 224 734 093 8 Passcode: Uv7GQ2TW <u>2:10 pm – 3:00 pm</u> Card Playing Games <u>3:10 pm - 4:00 pm</u> Karaoke <u>4:10 pm - 5:20 pm</u> Music Jam <u>5:30 pm - 6:45 pm</u> NAMI Connections	<u>9:10 am - 10:00 am</u> Morning Icebreaker <u>10:10 am - 12:00 pm</u> Cooking <u>11:10 am-12:00 pm</u> Depression Bipolar Support Alliance - H Mtg# 244 296 613 337 0 Passcode: WQ7kb9Pj <u>12:10 pm-1:00 pm</u> Art Journal <u>1:00 pm-3:00 pm</u> WCS Cardplaying Tournament  <u>2:10 pm-3:00 pm</u> Grief Support <u>3:10 pm-4:00 pm</u> Schizophrenia Alliance - H Mtg# 273 366 915 706 6 Passcode: ZS7Zi7oK <u>4:10 pm-4:50 pm</u> Time of Gratitude	<u>9:10 am - 10:00 am</u> Morning Icebreaker <u>9:45 am -11:00 am</u> Garden & Explore <u>10:10 am – 11:00 am</u> Stress Management <u>11:10 am-12:00 pm</u> Boundaries/ Co-Dependency - H Mtg# 264 038 552 915 3 Passcode: pM7y7KB6 <u>12:00 pm– 1:00pm</u> Art Social <u>12:00 pm– 1:00pm</u> Decompress with Yoga <u>1:10 pm-2:00 pm</u> Healthy Relationships - H Mtg# 294 256 199 343 Passcode: so9cw3NH <u>2:10 pm - 3:00 pm</u> Sports Talk - H Mtg# 247 816 688 860 70 Passcode: Nb9tC2g5 <u>3:10 pm-4:30 pm</u> Music Jam <u>4:10 pm -4:50 pm</u> Time of Gratitude	<u>9:10 am - 10:00 am</u> Morning Icebreaker <u>10:10 am-11:00 am</u> Depression Bipolar Support Alliance - H Mtg# 244 296 613 337 0 Passcode: WQ7kb9Pj <u>10:00am—11:30am</u> Park Adventures <u>11:10 am -12:00 pm</u> Schizophrenia Alliance - H Mtg# 273 366 915 706 6 Passcode: ZS7Zi7oK <u>12:10 pm-1:00 pm</u> Art Social <u>1:10 pm -2:00 pm</u> Life In Process <u>2:10 pm –3:00 pm</u> Anxiety Management <u>3:10 pm-4:00 pm</u> LGBTQ+ Support <u>3:10 pm-4:30pm</u> Karaoke <u>4:10 pm-4:50 pm</u> Time of Gratitude

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31 Monday					
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